



PANTHER PRESS

WEEK OF SEPTEMBER 21 TO 25

News and Reminders

Abbotsford Senior Secondary School is the school's 70th-anniversary celebration. Reminder a community open house on Saturday, September 26, from 1-4pm. Former and current students, staff and families can view archived yearbooks, uniforms and other memorabilia. The Panthers Band and Drumline will also perform.

Attention all Grad Cruisers – Please be at the school at 4pm on Thursday. Busses depart at 4:30 sharp. Parent and guardians, please be at the school by 10:45pm to pick up your student.

Thank you Mr Macdonald and the drumline for the amazing welcome to the annual Cops for Cancer ride. The ride crew was in awe and super excited to be here.

School Wide Events this Week

Tuesday September 22 Indigenous Grade 12 Post secondary Meeting and Pizza Lunch with Donna Klaver in R106 @10:30

Upcoming Events

- Learn to Fish Field trip for Indigenous Students
Wednesday October 7th 9:15-1:45
- UBC Field Trip for Indigenous Grade 11s and 12s Thursday October 29th Time TBA

Post Secondary Fair

Wednesday, Sept. 23rd in the morning (both B and A blocks). It's the annual visit from BC's universities and colleges. We've always had great participation from classes and the school reps have always given me positive feedback about our students. This event is **primarily for our senior students.**

Meet the Teacher – Wednesday September 23 from 5:30 to 7pm. Please meet in the Pit Gym and bring a copy or picture of your student's schedule.

COMING UP THIS WEEK

Mon Sept 21 - ABCD

Tues Sept 22 – CDBA

Wed Sept 23 – BADC

- Jr Boys Football @Sardis @2:30
- Meet the Teacher @5:30

Thurs Sept 26 – DCBA

- Grad Cruise departing at 4pm
- No yearbook class

Fri Sept 25 – Pro-D Day

- No school

Sat Sept 26 – 70th Anniversary

- Open House 1-4pm
- Alumni Social - 5pm to Midnight

Looking ahead:

Sept 28– SBT

Sept 29 – Orange Shirt Day Assembly

Sept 30 – Truth and Reconciliation Day – No school

Oct 1 and 2 – IB Retreat

Oct 2 – Sr Boys football vs Handsworth @7pm

Bistro is open this week on Tuesday, Wednesday and Thursday.

Tuesday

Grilled Ham & Cheese Sandwich - \$6.00

Tomato Tortellini soup (vegetarian)- \$3.00

Caesar Salad- \$3.00

Wednesday

Crispy chicken Bacon Ranch wrap - \$6.00

Tomato Tortellini soup (vegetarian)- \$3.00

Caesar Salad- \$3.00

Thursday

Chicken Strips (4 pieces) \$6.00

Caesar Salad- \$3.00

Available Daily



**The
Best.**



Cops for Cancer Ride 2026

Fall Sports

Fall sports are up and running – see the schedule below and contact coaches for more information

Jr Football with Mr Funk and Sr Football with Mr Abraham and Mr Fujimara

Boys Soccer with Mr Grell

Swim Team with Ms Bell

Cross Country with Mr Kidd and Ms Mcphedran

Athletics Schedule

- The football regular season starts with the juniors at Sardis and seniors on the island at Barsby
- Girls volleyball selections are done and they have their first week of games
- X-Country have their first meet on Thursday in Chilliwack
- Swimming is going at the ARC on Thursdays
- Boys soccer trials are done and the seniors have their first friendly
- Intramural sign up begins for volleyball with hopes of starting games the following week
- PE Leadership has an after school session Monday and meeting Wednesday at lunch
- Work Out club is going most days of the week before and after school
- Volleyball club is going Tuesday and Friday mornings
- Thanks to all coaches and staff helping with athletic events!

Abbotsford Senior Weekly Athletics Schedule						
		Monday (Sept 21)	Tuesday (Sept 22)	Wednesday (Sept 23)	Thursday (Sept 24)	Friday (Sept 25)
Pit Gym	6:45am		Drop in V-Ball - all welcome			Drop in V-Ball - all welcome
	2:45pm	Jr Girls Vball Practice	Jr Girls Vball Practice		Jr Girls Vball Practice	
	4:15pm					
	5:45pm	6:30-8:30pm - Sr G Vball	6:30-8:30pm - Sr G Vball		6pm-GWG v Abby Trad	
	8:00pm				7:30pm - Abby Sr G v LFA	
Jungle Gym	7:00am	Basketball Open Gym	Basketball Open Gym	Basketball Open Gym	Basketball Open Gym	Basketball Open Gym
	2:45pm	PE Leadership Meeting			Jr G Vball Trials	
	4:15pm					
	5:45pm					
	7:15pm					
Outside Turf		Hirschman - Rugby PE		Hirschman - Rugby PE		
	2:45pm	Sr Football Practice	Sr Football Practice	Sr Football Practice	Sr B Soccer v Terry Fox	
	3:00pm	Jr Football Practice	Jr Football Practice	Sr Soccer Practice		
Outside Field						
	2:45pm				Sr Football Practice	
	2:45pm	X-Country Practice		X-Country Practice	Jr Football Practice	
Away Games	3:30pm		7:30pm - SrG Vball at Mouat	JrG Vball at Hansen	Swimming 3-4 at ARC	Sr Boys Football at Barsby on Island
				2:30 - Jr B Football at Sardis	X-Country at Chilliwack Twin Rinks	
Weight Room	7:00am	Work Out Club (Supeene)	Work Out Club (Lakey)	Work Out Club (Morgan)	Work Out Club (Lakey)	Hirschman - Rugby PE
Stage	2:45pm	Work Out Club (TBA)	Work Out Club (Dhaliwal)	Work Out Club (Smith)	Work Out Club (Dhaliwal)	Work Out Club (Novak)
	7:00am					
Intramurals	2:45pm					
	lunch	Open Gym	Open Gym	PE Leadership Meeting	Open Gym	Open Gym
Spirit Events		McDonald	McWhinney		McWhinney	McDonald
		Soccer Lunch Meeting A305				
		Vball Intramural Sign Up	Vball Intramural Sign Up	Vball Intramural Sign Up	Vball Intramural Sign Up	Vball Intramural Sign Up